CAMBRIDGE OCR

Summary brochure

Sport qualifications

Whether it's about student progression to further studies or a career in sport, our full range of qualifications designed for 14 to 19 year olds will meet all their needs.

Version 1.0 | September 2025

ocr.org.uk/sport

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A full suite of qualifications for 14 to 19 year olds

For all your sport and physical education qualifications needs, we have a broad range available to inspire your students and prepare them for further education or the workplace.

Sport is a high-profile and expanding industry and in the UK, contributing over £20bn to the economy, sport now ranks within the top 15 sectors in the country and its wider economic benefits mean it plays a huge part in our society.

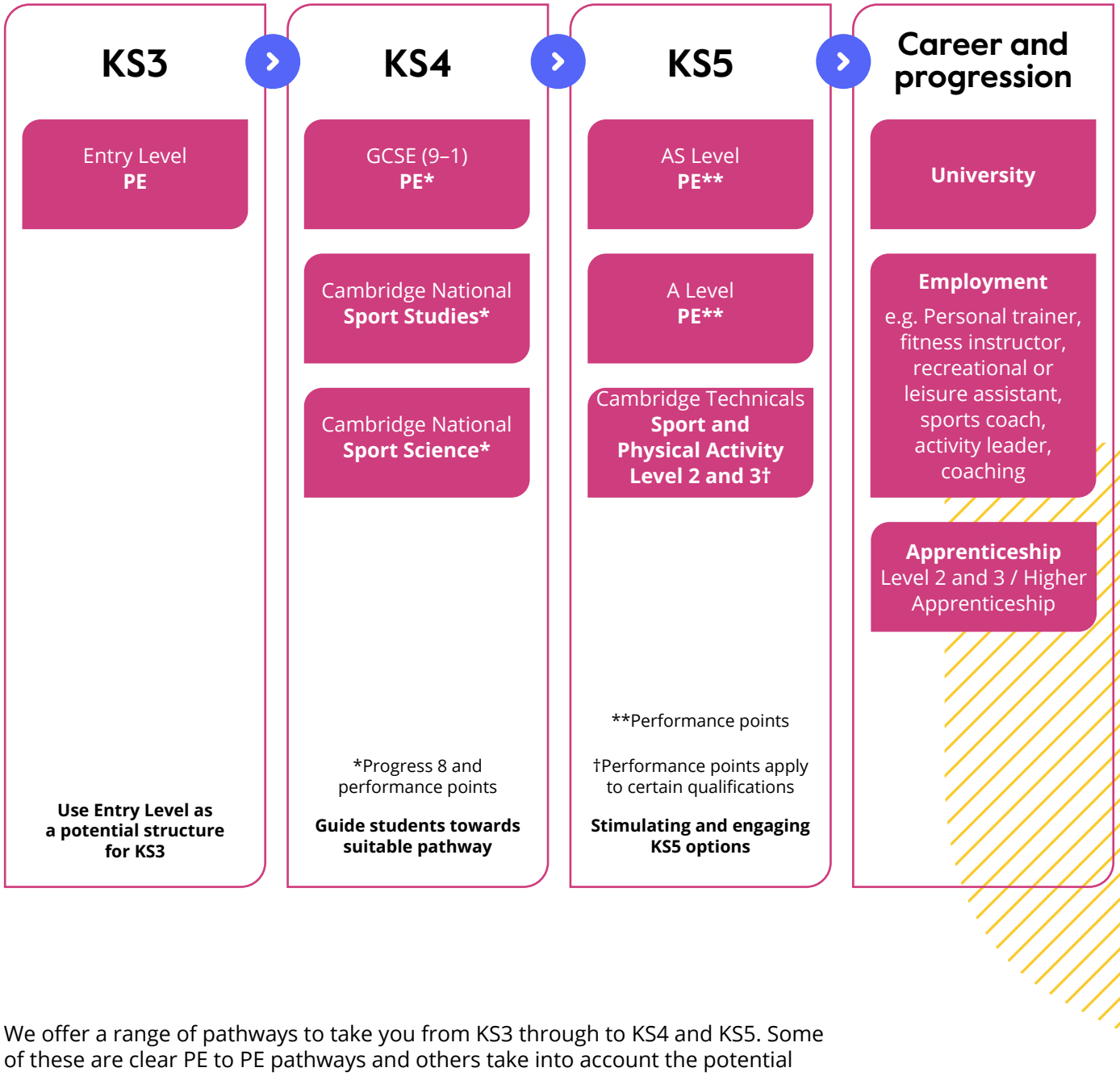
There is a wide range of job roles to progress into such as activity leader, sports coach, fitness instructor and leisure assistant.

It's also widely recognised that regular participation in sport and physical activity is highly beneficial both to individuals and to society as a whole.

With life expectancy on the increase, there will be continuing focus by government in collaboration with other bodies, to promote sport's benefits and encourage wider take up.

From Entry Level, through Cambridge Nationals and GCSEs to Cambridge Technicals and A Levels, our extensive range of qualifications have been developed to meet the unique needs of this exciting and growing sector.

Pathways for sport and PE



We offer a range of pathways to take you from KS3 through to KS4 and KS5. Some of these are clear PE to PE pathways and others take into account the potential complementary options to studying PE as well as the progressions into other subjects.

Entry Level PE

THE QUALIFICATION

Entry Level PE provides your students with a fundamental understanding of practical sport and analysis of sporting performance. It introduces and assesses relevant, transferable skills, including problem solving and may involve leadership (if this option is chosen). The content has been designed to engage your students and get them thinking about sports performance and analysis through doing. It also lays the foundations for further study of the subject.

It's ideal when you're looking for a course with a focus on practical work and performance. It comes with plenty of choice as it offers a variety of activities that can be adapted to cater for students with special educational needs. It's a lot more flexible too – centres may apply to adjust the assessment criteria for a learner with a disability. An adjustment can be made to any activity on the DfE approved activity list.

The Entry Level is fully co-teachable with our GCSE (9–1) PE qualification.

ASSESSMENT

Entry Level is assessed through 100% internally assessed tasks. This flexible approach allows you to take any issues into account in your planning that may affect your students' performance.

Students study four activities: one team, one individual and two others of their choice. They may choose to be assessed as a performer in all four activities or they may be assessed as a performer in three activities and then lead in the fourth. (They can be assessed as a leader in one of the activities they perform in.)

KEY INFORMATION

SPECIFICATION CODE:
R463

IDEAL FOR:
Level 1 students; students new to sporting topics, students who want to experience PE at a fundamental level, students who may struggle with a L2 award at KS4 or students who have learning difficulties or physical disabilities (as every activity can be adapted to suit)

PROGRESS TO:
GCSE (9–1) Physical Education, L2 Cambridge National in either sport studies or sport science, L2 Cambridge Technical

FINAL AWARD:
Entry Level 3 (highest), Entry Level 2 or Entry Level 1

PERFORMANCE POINTS:
No

READ MORE:
ocr.org.uk/qualifications/entry-level-physical-education-r463-from-2016

GCSE (9–1) Physical Education (PE)

THE QUALIFICATION

Studying GCSE (9–1) PE opens students' eyes to the amazing world of sports performance. Not only do they have the chance to perform in three different sports through the non-exam assessment (NEA) component, they can also develop wide-ranging knowledge into the how and why of physical activity and sport.

The combination of physical performance and academic challenge provides an exciting opportunity for your students. They can perform, and then through the academic study learn how to improve their performance through application of the theory.

PE is learned about through a range of different contexts and the impact it has on our own and others' everyday lives. Your students learn the reasons why we do things and why some people outperform others – mentally and physically. They also delve into the ethical considerations behind the use of drugs and gain an understanding of the consequences of inactivity and poor diet.

GCSE (9–1) PE includes the compulsory study of: Applied Anatomy and Physiology, Physical Training, Sports Psychology, Socio-cultural Influences and Health, Fitness and Wellbeing. Alongside this are the skills of PE, which are examined via the NEA component.

ASSESSMENT

The GCSE (9–1) PE specification content is divided into four components. Each component is further sub-divided into topic areas and the detailed content associated with those topics.

Components 1 and 2 are assessed by written examination papers. Components 4 and 5 are the NEA, and are internally assessed and externally moderated.

The written papers are designed in manageable bite-size chunks thus aiding your teaching and your students' revision.

READ MORE:

ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016

KEY INFORMATION

SPECIFICATION CODE:
J587

IDEAL FOR:
Students who want to go on to AS or A Levels, higher education or any career for which an understanding of the human body or human behaviour is desirable. It provides a suitable introduction to further study in social sciences, or as part of a course of general education

PROGRESS TO:
AS or A Level PE, Cambridge Technicals in Sport and Physical Activity 2 and 3, apprenticeship or employment post-18

FINAL AWARD:
9 (highest) to 1 (lowest)

PERFORMANCE POINTS:
Yes

Cambridge Nationals

ABOUT CAMBRIDGE NATIONALS

Our Cambridge Nationals suite is specifically designed for students aged 14 to 16 years. They provide an excellent start for vocational study, contribute to a broad curriculum offer and enable progression to Level 3 vocational qualifications, such as our Cambridge Technicals, or A Level.

READ MORE:

ocr.org.uk/cambridgenationals

Cambridge National in Sport Science

THE QUALIFICATION

Elite sport has fully embraced sport science and its impact in the pursuit of athletic excellence. Our Cambridge National in Sport Science encourages students to think for themselves about the scientific world of sport whilst putting those theories and concepts into practice in both theoretical and practical sport situations.

ASSESSMENT

Cambridge Nationals use both internal and external assessment and have a range of exciting units to choose from. Both sport qualifications have the same structure with two mandatory units and a choice of optional units. The externally assessed unit makes up 40% of the qualification.

READ MORE:

ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j828

KEY INFORMATION

SPECIFICATION CODE:

Level 1/Level 2 Cambridge National in Sport Science (120 GLH) – J828

IDEAL FOR:

Students aged 14 to 16 years

PROGRESS TO:

A Levels, apprenticeships or further advanced vocational qualifications at Level 3, such as our Cambridge Technicals

FINAL AWARD:

- Distinction*, Distinction, Merit or Pass at Level 2
- Distinction, Merit or Pass at Level 1

PERFORMANCE POINTS:

Included on the KS4 performance tables for England

Cambridge National in Sport Studies

THE QUALIFICATION

Our Cambridge National in Sport Studies takes a more sector-based focus, while also including some core sport/physical education themes. Students have the opportunity to apply fundamental principles and concepts of sport studies, skills development and sports leadership to their own practical performance. They'll learn about contemporary issues in sport such as funding, participation, how technology is used within sport, ethics and values, and sport and the media.

ASSESSMENT

Cambridge Nationals use both internal and external assessment and have a range of exciting units to choose from. Both sport qualifications have the same structure with two mandatory units and a choice of optional units. The externally assessed unit makes up 40% of the qualification.

READ MORE:

ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j829

KEY INFORMATION

SPECIFICATION CODE:

Level 1/Level 2 Cambridge National in Sport Studies (120 GLH) – J829

IDEAL FOR:

Students aged 14 to 16 years

PROGRESS TO:

A Levels, apprenticeships or further advanced vocational qualifications at Level 3, such as our Cambridge Technicals

FINAL AWARD:

- Distinction*, Distinction, Merit or Pass at Level 2
- Distinction, Merit or Pass at Level 1

PERFORMANCE POINTS:

Included on the KS4 performance tables for England

AS Level Physical Education (PE)

THE QUALIFICATION

The combination of physical performance and academic challenge in this qualification provides an exciting opportunity for your students. They can perform, and then through the academic study, gain the knowledge to improve their own and others' performance or coaching though application of the theory.

The examined components provide the knowledge and understanding that underpin the non-exam assessment (NEA). The NEA allows your students to explore a sporting activity in detail as a performer or coach, chosen from a wide variety. They also analyse and evaluate performance in a chosen activity as part of their NEA.

AS and A Level PE include the compulsory study of: Applied Anatomy and Physiology, Exercise Physiology, Biomechanical Movement, Skill Acquisition, Sports Psychology, Sport and Society and the Role of Technology in Physical Activity and Sport. Alongside this are the skills of PE, which are examined via the NEA component on performance.

The AS won't count towards the final grade of an A Level, where assessment of the whole course takes place at the end of two years' study. However, we've carefully designed our AS Levels to be co-taught with the first year of the A Level.

KEY INFORMATION

SPECIFICATION CODE:
H155

IDEAL FOR:
Students intending to pursue any career for which an understanding of the human body or human behaviour is desirable – as they're encouraged to develop an awareness of the role of PE in society and its application to many situations

PROGRESS TO:
Higher education, employment or apprenticeships in the sports industry

FINAL AWARD:
A (highest) to E (lowest)

PERFORMANCE POINTS:
Yes

The AS won't count towards the final grade of an A Level, where assessment of the whole course takes place at the end of two years' study. However, we've carefully designed our AS Levels to be co-taught with the first year of the A Level.

ASSESSMENT

The AS Level PE specification content is divided into four components. Each component is further sub divided into topic areas and the detailed content associated with those topics. This specification is designed to be co-teachable with the stand-alone A Level in Physical Education.

Components 1 and 2 are assessed by written examination papers. Components 4 and 5 are NEA, and are internally assessed and externally moderated. The written papers are designed in manageable bite-size chunks thus aiding your students' revision.

A Level Physical Education (PE)

THE QUALIFICATION

Our specification provides students with the exciting opportunity to gain a deeper understanding of PE. Stimulating content is at the heart of this engaging qualification, and encourages students to immerse themselves in the world of sports and PE.

Studying A (and AS) Level PE gives your students a fantastic insight into the amazing world of sports performance. Not only do they have the chance to perform or coach a sport through the non-exam assessment component, they can also develop a wide-ranging knowledge into the how and why of physical activity and sport.

Our A Level in PE is studied though a range of different contexts. Your students learn the reasons why we do things and why some people outperform others – mentally and physically. They'll also delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having on physical activity and sport.

The content is fully co-teachable with our AS Level PE qualification.

ASSESSMENT

The A Level PE specification content is divided into five components. Each component is further sub-divided into topic areas and the detailed content associated with those topics. This specification is designed to be co-teachable with the stand-alone AS in PE. The first part of each topic area corresponds to the content contained within the AS Level specification.

Components 1–3 are assessed via written examination papers. Components 5 and 6 are NEA, and are internally assessed, externally moderated.

The written papers are designed in manageable bite-size chunks thus aiding your teaching and your students' revision.

READ MORE:

ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016

KEY INFORMATION

SPECIFICATION CODE:
H555

IDEAL FOR:
Students intending to pursue any career for which an understanding of the human body or human behaviour is desirable

PROGRESS TO:
Higher education, employment or apprenticeships in the sports industry

FINAL AWARD:
A* (highest) to E (lowest)

PERFORMANCE POINTS:
Yes

Cambridge Technicals in Sport and Physical Activity

CAMBRIDGE TECHNICALS

ABOUT CAMBRIDGE TECHNICALS

Cambridge Technicals are vocational qualifications at Level 2 and Level 3 for students **aged 16+**. They're designed with the workplace and progression to higher education in mind and provide a high-quality alternative to A Levels at Level 3. Qualifications at Levels 2 and 3 have a mixture of internal and external assessments and centres are allocated a visiting moderator. DfE Level 3 announced funding changes for August 2020 in England do not apply in Northern Ireland and Wales.

Level 2

Our Level 2 Cambridge Technicals in Sport and Physical Activity qualifications aim to develop your students' knowledge, understanding and skills of the essentials of sport. Your students will gain an insight into the sport and physical activity industry. Designed in collaboration with industry experts the qualifications focus on the requirements that today's employers demand.

Thanks to a broad range of centre assessed units with practical and wider project-based assessment opportunities, as well as examined units on physical activity, health and wellbeing and physical preparation and readiness for sport and physical activity these are focused qualifications. There are also job role-specific pathways for your students to choose from.

READ MORE:

ocr.org.uk/cambridgetechnicals

KEY INFORMATION

SPECIFICATION CODES:

Sport and Physical Activity Level 2 (2016) Award*/ Certificate/Diploma – 05889, 05885, 05886

Sport Level 2 (2012) Certificate/Extended Certificate/Diploma – 05400, 05402, 05405

PERFORMANCE POINTS:

Sport and Physical Activity Level 2 (2016) Certificate/Diploma – 05885, 05886 are eligible for Key Stage 5 performance points

*Sport and Physical Activity Level 2 (2016) Award – 05889 is not eligible for Key Stage 5 performance points

IDEAL FOR:

Students aged 16+

PROGRESS TO:

Level 3, apprenticeships, employment

Cambridge Technicals in Sport and Physical Activity

CAMBRIDGE TECHNICALS

Level 3

Our Level 3 Cambridge Technicals in Sport and Physical Activity qualifications help your students to achieve their potential and progress to the next stage of their lives, whether that's higher education, an apprenticeship or employment.

We have designed refreshing and exciting content that's up to date, engaging, fit for purpose and suitable for the needs of your students. To do this, we've consulted with universities, employers and industry specialists to make sure your students will gain the right combination of knowledge, understanding and skills required for the 21st century.

A wide range of centre assessed units with practical and wider project-based assessment opportunities, as well as examined units on the body systems and the long and short term impacts of sport and physical activity; how sport is organised and the purpose of sports development; health and safety requirements in sport and physical activity; the purpose of, and how to conduct research in sport and physical activity; and how businesses in sport are organised and what success looks like to them. Dependent on the size chosen the qualifications either complement a Key Stage 5 study programme alongside other specific vocational qualifications or A Levels, or may make up the bulk of a two-year study programme. Our diplomas have vocational pathways within them that students can follow (one pathway must be achieved).

READ MORE:
ocr.org.uk/cambridgetechnicals

KEY INFORMATION

SPECIFICATION CODES:

Sport and Physical Activity Level 3 (2016) Certificate/Extended Certificate/Foundation Diploma/Diploma/Extended Diploma – 05826 to 05829, 05872

Sport Level 3 (2012) Certificate/Introductory Diploma/Subsidiary Diploma/Diploma/Extended Diploma – 05407, 05409, 05412, 05415, 05418

PERFORMANCE POINTS:

All Sport and Physical Activity Level 3 (2016) qualifications are eligible for Key Stage 5 performance points

IDEAL FOR:

Students aged 16+

PROGRESS TO:

Higher education, apprenticeships, employment

UCAS POINTS:

Level 3 qualifications receive UCAS tariff points

PATHWAYS AND OPTIONS FOR LEVEL 2 (2016)

Cambridge Technicals in Sport and Physical Activity

CAMBRIDGE TECHNICALS

M = Mandatory				Award 90 GLH	Certificate 180 GLH	Diploma 360 GLH		
Unit number	Unit title	GLH	Assessment method		Assistant Activity Leader	Assistant Sports Coach	Assistant Fitness Instructor	Leisure Assistant
1	Physical Activity, Health and Wellbeing	60	E	–	M	M	M	M
2	Physical Preparation and Readiness for Sport and Physical Activity	30	E	–	M	M	M	M
3	Inclusivity, Equality and Diversity in Delivering Sport and Physical Activity	30	I	M	M	M	M	M
4	Leading Sport and Physical Activity Sessions	60	I	M	M	M	M	M
5	Customer Service in Sport and Physical Activity	30	I	–	–	M	M	M
6	Components and Principles of Fitness Training for Sport and Physical Activity	60	I	–	–	M	M	–
7	Practical Sport	30	I	–	–	M	–	–
8	Assisting Sports Coaching	60	I	–	–	M	–	–
9	Fitness Induction and Testing	30	I	–	–	–	M	–
10	Using Fitness Equipment	30	I	–	–	–	M	–
11	Assisting in the Delivery of Exercise and Fitness Sessions	30	I	–	–	–	M	–
12	Assist in the Maintenance and Cleaning of an Active Leisure Facility	60	I	–	–	–	–	M
13	Supporting the Delivery of Sports and Physical Activity Events	90	I	–	–	–	–	M

PATHWAYS AND OPTIONS FOR LEVEL 3 (2016)

Cambridge Technicals in Sport and Physical Activity

CAMBRIDGE TECHNICALS

M = Mandatory O = Optional				Certificate 180 GLH	Extended Certificate 360 GLH	Foundation Diploma 540 GLH			Diploma 720 GLH		Extended Diploma 1080 GLH
Unit number	Unit title	GLH	Assessment method			Activity Leadership	Fitness Instructing	Recreational Assistant	Sports Coaching	Personal Training	Sport and Physical Activity Development
1	Body Systems and the Effects of Physical Activity	90	E	M	M	M	M	M	M	M	M
2	Sports Coaching and Activity Leadership	90	I	M	M	M	M	M	M	M	M
3	Sports Organisation and Development	60	E	–	M	M	M	M	M	M	M
4	Working Safely in Sport, Exercise, Health and Leisure	90	E	–	–	M	M	M	M	M	M
5	Performance Analysis in Sport and Exercise	60	I	–	O	–	–	–	M	–	M
6	Group Exercise to Music	60	I	–	–	–	M	–	–	M	O
7	Improving Fitness for Sport and Physical Activity	60	I	–	–	–	–	–	–	M	M
8	Organisation of Sports Events	60	I	–	O	O	–	M	M	–	M
10	Biomechanics and Movement Analysis	60	I	–	O	–	–	–	O	O	O
11	Physical Activity for Specific Groups	30	I	–	O	M	M	M	M	M	M
12	Nutrition and Diet for Sport and Exercise	30	I	–	O	O	O	O	O	O	M
13	Health and Fitness Testing for Sport and Exercise	60	I	–	–	–	O	–	O	M	O
14	Working in Active Leisure Facilities	60	I	–	–	–	–	M	–	–	M
17	Sports Injuries and Rehabilitation	60	I	–	O	O	O	O	M	O	M
18	Practical Skills in Sport and Physical Activities	60	I	–	O	O	–	O	M	–	M
19	Sport and Exercise Psychology	60	I	–	O	–	–	–	O	O	O
20	Sport and Exercise Sociology	60	I	–	O	–	–	–	–	–	O
21	The Business of Sport	90	E	–	–	–	–	–	–	–	M

Supporting you in qualification delivery

Our aim is to support you on your journey with us from initial enquiry right through to results. To help you get going, support you through delivery and allow you to develop professionally, we provide a massive range of support to help secure your students' futures.

SUPPORT AND RESOURCES

EXPERT SUBJECT ADVICE

Our subject advisors provide information and support to schools, including specification and non-exam assessment advice, updates on resource developments and a range of training opportunities. You can reach them on **01223 553998** or at **pe@ocr.org.uk**

Join us on X **@OCR_PhysEd**

TEACHING AND LEARNING RESOURCES

- **Teach Cambridge**
  Teach Cambridge is our personalised and secure website that provides teachers with a single point of access to all the support and resources you need to teach our qualifications.
- **Lesson elements**
  Task sheets and accompanying instructions for some of the activities in the delivery guide.
- **Skills guides**
  A range of generic skills guides providing knowledge and tips covering topics such as communication, research skills and exam techniques.
- **Topic exploration packs**
- **Teacher and delivery guides**
  A range of lesson ideas with associated activities that you can use with learners to deliver the contents of the qualifications.
- **Transition guides**
- **Scheme of work**

PARTNER RESOURCES AND TEXTBOOKS

Our PE and sports qualifications are supported by endorsed textbooks and resources published by leading publishers. You can find more details about our publisher partners and the resources they're providing at **ocr.org.uk/publishing-partners**

BLOGS

Read our sport and PE blogs and gain interesting insights from our subject advisors and other leading figures from the world of sports education.

They are also a great source of tips and advice for teaching our qualifications.

KEEP UP TO DATE

Sign up today at **ocr.org.uk/signup** for Cambridge OCR updates including subject news, upcoming events and useful resources.

ASSESSMENT

ACTIVE RESULTS

This is a **free** online A Level, GCSE and Cambridge Nationals results analysis service to help you review the performance of individual students or your whole school. Active Results provides access to detailed results data, enabling more comprehensive analysis of results to give you a more accurate measure of the achievements of your centre and students.

Find out more at **ocr.org.uk/activeresults**

ASSESSMENT MATERIALS

Sample question papers and non-exam assessment (NEA).

EXAMBUILDER

A **free** online mock assessment service for GCSE and A Level PE. It draws on historical past papers to simulate a real examination and gives students the opportunity to practise and build up confidence. **ocr.org.uk/exambuilder**

PAST PAPERS

You and your students can practise with previous examination papers for each subject.

PRACTICE PAPERS

Create mock exams and help students get a clearer picture of the qualification requirements. We put all our practice papers through exactly the same long and detailed processes as the live papers to ensure that they match the style and rigour of the live assessments.

CANDIDATE EXEMPLARS

A selection of candidate style answers and work with associated examiner commentary.

MODEL ASSIGNMENTS

Model assignments provide a scenario and set of tasks that enable you to assess your student's against the requirements specified in the grading criteria.

ACCESS TO SCRIPTS

A **free** service for exams officers to download copies of your students' completed question papers.

TRAINING AND PROFESSIONAL DEVELOPMENT

PROFESSIONAL DEVELOPMENT TRAINING AND EVENTS

All our qualifications are supported with comprehensive training. Check out **ocr.org.uk/professionaldevelopment** to find out what face-to-face and online training courses we have available for sport and PE.

Join our teacher panel

Share valuable feedback on everything from creative concepts to teaching and support resources.

ocr.org.uk/join

Next steps

Step 1

Already a Cambridge OCR centre? Great, you're all set.

If not, call our Customer Development Team on 02476 856072

Step 2

Ask your exams officer for access to **Teach Cambridge**

teachcambridge.org

Step 3

Download the specification and check out our range of resources

Step 4

Keep up-to-date by signing up for email updates

Step 5

Book onto professional development events and **teacher networks**

ocr.org.uk

For more information visit
ocr.org.uk/sport
facebook.com/cambridgeocr
instagram.com/cambridgeocr
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Visit our online support centre at
support.ocr.org.uk

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